



# How To Be HEALTHY AND BEAUTIFUL

## By MRS. HENRY SYMES

### Insomnia The Enemy To Good Looks

Watching Gold Fish Often Induces Sleep.

A Rotary Motion of the Head Woods Drowsiness



NO sufferer from the disease needs to be told of the tortures of insomnia. The mere strain of waiting through the long night for the rest which never comes is ruinous to the nerves, leaving the subject of the disastrous effects of loss of sleep out of the discussion. Few, however, know of the really damaging ravages it makes on whatever good looks its unfortunate victim may possess.

Only one night of sleeplessness brings as its concomitant heavy eyes, dull skin and flabby muscles; think, then, of the results of many weeks absolutely devoid of slumber! One hesitates before a catalogue of the ills this dread disorder brings in its train. Lusterless hair, wrinkles, dark circles under the eyes, trembling hands—all are numbered within it.

Fortunately, insomnia is no longer an incurable ill. It occupies, in fact, something of the position of the proverbial cold, for which there are more remedies than there are sufferers from it. The fact that it was so long considered irremedial was due to the failure of the old and established "cures." Counting the sheep as they go over the wall, once the most widely believed of these, is a sure road to insanity, rather than to sleep! So, too, of the counting exercises, where one was supposed to lie wide-eyed and count one thousand, or ten thousand, or a hundred thousand, the agony usually being terminated only by the cock's crow or the breakfast bell. All of these tasks are impossibilities upon the already overworked nervous system, and generally aggravate the condition instead of relieving it.

#### The Value of Repose.

The new science teaches the value of repose. Only by perfect rest, and that forgetfulness that comes only through extreme concentration, can one acquire sleep. First of all, the body must be thoroughly relaxed and as little disturbed by clothing as possible. Lie flat on your back and make no effort to close your eyes; in fact, abjure muscular effort entirely. Then, striving for the utmost concentration, carry out one of the following exercises: Imagine the word "sleep" or "repose" to be hung on a sign over your bed, and, even though the room be in utter darkness, pretend to yourself that you can see it perfectly. Continue staring at this fictitious word, concentrating all your attention on it, until the eyelids fall of themselves and sleep rewards your efforts. The second exercise is more difficult and requires some practice. In the same way as in the previous drill, imagine the word "peace" to be written in letters of fire, and allow the flame to travel over your entire body, from your head to each of your feet. At first this feat appears impossible, and even ridiculous, but in a short time it becomes easy, and is a sure way of inducing slumber.

To pass from the purely mental to the purely physical, insomnia is often cured by taking nourishment before retiring and during the night. On a small table by the bed place a spirit or electric lamp, a glass of milk, or orange or lemon juice, and a few crackers or biscuits. This is best for intermittent sleepers, as a little warm milk and a cracker taken whenever one awakes soon destroy the reason for their presence. Oranges are also good for this purpose, if the sleepless one's neighbors do not object to the odor. Never take any heavy food, but have something warm if possible, if it is only a glass of hot water.

Exercise plays an important part in the new treatment. One of the finest of these, causing actual dizziness, is to roll the head from side to side, and backward and forward, until it drops from exhaustion. Do not, however, employ this exercise immediately after

eating, as it may induce nausea. Deep breathing is of the greatest benefit, and should be practiced regularly before retiring. Stand in loose negligee at a wide open window, and take twenty or thirty of the deepest breaths you can muster, throwing the head far back and rising on the toes with each one.

Many persons already affected with insomnia have cured themselves by systematic reading. Naturally the book chosen should not be too absorbing or exciting, but neither should it be so dull as not to hold the attention at all. One of the modern light novels is admirable for the purpose. Unfortunately, most persons attempting this method wrap themselves securely in a kimono or negligee, and sit in a chair by the bedside to read. As a result, when they begin to grow drowsy they must arise, lay down the book, turn out the light, remove the wrapper and climb into bed, all of which effectually destroys any tendency to slumber. The correct "method" is to do your reading sitting up in bed, with the light near enough at hand to extinguish without getting up at all. Better still, if you have an invalid's table, you may simply place your book on that, and push it away from the bedside without even leaning over. Last of all, the book should not, unless you are possessed of one of these tables, be heavy enough to prove a serious weight.

Concentration is the keynote of all these mental exercises. Perhaps the easiest way to obtain this is by staring at either some bright stationary object, or at one whose movements bewilder the mind by their swiftness and velocity. An electric light, often within the range of one's window, in the city, at least, is perhaps the best ex-

ample of the former, and a bowl of goldfish, of the latter. Gazing steadily at either of them, or at anything of the sort, will soon close the eyelids from utter weariness.

Perhaps the worst thing that could be done by the sufferer from insomnia is to lie in a strained position, with the eyes tightly closed, in an effort to force the coming of sleep. This is all wrong. In the first place, one should lie in a perfectly relaxed position, with the head at least on a level with the feet, which precludes any but a very low pillow. The bedclothes should be as light as is consistent with warmth, and the room should be well ventilated. Far from closing the eyes, the very best thing one can do is to hold them wide open. When exhaustion causes them to drop, they should be forced open again, until one is too weary to lift them, and sleep comes as a result.

Nearly every one of these cures is preventive as well, and if for any reason one fears that he is going to lose sleep, nothing better could be recommended to forestall the expected attack. Indirectly each of them is, too, a beautifier, for the slumber they induce is the surest road to good looks. By removing the nervous strain incident to insomnia they remove a host of petty ills, and that beauty which only health can bring comes as a result.

Finally, the victim of insomnia need fear the effects of none of these remedies. Each is absolutely harmless, and the surest proof of this assertion lies in the fact that even those not sufferers from this "evil disorder" would benefit greatly by their own use. That is the best medicine which is the well man's food!



Quieting the Nerves to Induce Sleep.

### TIMELY ADVICE BY MRS. HENRY SYMES

#### Face Troubles.

WILL you please let me know if the lines that run from the nose to the chin can be removed? Please give me rules for massage and a good skin food or cream to massage with. Let me know if I must press heavily or lightly with the middle finger when massaging the lines? I am thirty years old and do not see why I should have wrinkles as neither father nor mother has them.

My skin is very dry, and when I

laugh I can feel my face draw. Can you give me anything for such a dry skin?

I am a heavy coffee and tea drinker. Has that any drying effect on the skin? Will you also tell me where I can have the Vaucaire formula filled? Is cocoa butter good to use for a massage?

Let me know the name of some good face powder or rouge.

For massaging the wrinkles see answer to L. M. T. If, as you say, the wrinkles are premature, and are not

hereditary, the following formula might help you instead:

LOTION FOR PREMATURE WRINKLES.  
Alum ..... 7½ grains  
Almond milk (thick) ..... 1½ ounces  
Rosewater ..... 6 ounces  
Dissolve the alum in the rosewater, then pour gently into the almond milk with constant agitation.  
Apply with a soft cloth every night before retiring.

Too much coffee or tea is bad for the skin, causing it to become sallow and dry. It would be best to discontinue or, at least, to moderate, their use.

Stare at the Imaginary Word Repose



A Simple Lunch May Be Eaten by Flashlight.

Use a good skin food, such as the Pomade Grecque, often given in these columns.

Cocoa butter is one of the best massage creams known. Use it just as you would a prepared cream.

I cannot give you any face powder which will be a substitute for a rouge, as your question seems to imply. One of the best rouges I know is the liquid bloom of roses. A good face powder is the following:

POWDER OF WHITE GERANIUM.

(A Toilet Powder.)

Starch powder ..... ½ pound  
Powdered orris root ..... 1 ounce  
Oil of geranium ..... ¼ dram  
Crush free from lumps. Add the perfume, a drop at a time.

If you prefer a cream rouge, this is the cream bloom of roses.

BLOOM OF ROSES.

Rosinilla ..... 5 grains  
White wax ..... 50 grains  
Spermaceti ..... 50 grains  
White petroleum ..... 280 grains  
Alcohol ..... ½ fluid dram  
Perfume to suit.

Dissolve the dye in alcohol, add this solution to the fats previously melted, and incorporate the whole together, continuing the stirring until the mixture has cooled.

Any reliable druggist should be able to fill Dr. Vaucaire's formula. If your local druggist cannot do so, ask him to give you the name of some city druggist who can.

LOVE'S GIFT.

Love that asketh love again.  
Finds the barter naught but pain.  
Love that giveth in full store  
Aye receives as much and more.

Love that asketh nothing back  
Never suffers any lack.  
Love that seeketh love in pay,  
Rues the bargain every day.

—Dinah Mulock Craik.

### CARE OF SKIN AND HAIR

#### Oily Falling Hair.

WILL you prescribe something to prevent hair from falling out, and to cure oiliness? My hair parts on either side of the head, showing the scalp very plainly. Can you prescribe any lotion to make it grow in and fill up rapidly?

PATIENCE.

Almost all tonics promoting the growth of the hair have a certain degree of oiliness. The Jaborandi tonic, for which I am giving you formula, has less oil than many others. It is as follows:

JABORANDI TONIC.  
Quinine sulphur ..... 20 grains  
Tincture of cantharides ..... 2 fl. drams  
Fluid extract of jaborandi ..... 2 fl. drams  
Alcohol ..... 2 fl. ounces  
Glycerine ..... 2 ounces  
Bay rum ..... 6 fl. ounces  
Rosewater ..... 16 fl. ounces

The quinine should be dissolved in the alcoholic liquids by warming slightly, then the other ingredients added, and the whole filtered.

Rub into the roots of the hair every night.

For the oiliness itself use the following mixture daily, rubbing well into the scalp:

FORMULA FOR OILY HAIR.

Alcohol ..... 2 ounces  
Witch hazel ..... 2 ounces  
Resorcin ..... 14 grains

#### Serious Scalp Disease.

My hair has been in bad condition for three years. I think my brother, while away from home, must have contracted some serious scalp trouble, as each of the family now has a similar trouble.

a tendency to be quite rough, the skin getting all sugary as well as my hands. I don't think my skin is dry, as my nose is always quite shiny and oily, looking very disagreeable when powdered. The rest of my face is so sugary that it shows the powder, and in a few minutes my nose is shiny again.

Also kindly tell me what is good to enlarge the bust. Mine is very small. I am past twenty-one years of age.

ELIZABETH.

Consult a physician and ascertain whether the condition of the skin is a result of some kidney or other internal trouble. If his advice is reassuring, it would seem that, in spite of the oily nose, the condition must be one of dryness of the skin.

It is not unusual for one to have an oily nose with an otherwise dry skin, due to the oil ducts of the skin of the nose throwing off too much grease. They should be stimulated by massage to strengthen their retaining qualities. Be careful that this massage does not degenerate into simply rubbing the nose, which will exaggerate the condition rather than improve it. Press the finger tips deeply into the flesh, and massage. If the oiliness is excessive, the following lotion, applied two or three times a day, is excellent.

LOTION FOR OILY SKIN.

Sulphate of zinc ..... 2 grains  
Compound tincture of lavender ..... 8 drops  
Distilled water ..... 1 ounce

Care in diet should exercise a beneficial influence over the skin texture. Avoid spicy, stimulating, greasy foods, sweets, pastries and acids.

I give you below a lotion for dry skin, which is said to be effective in many instances.

LOTION FOR DRY SKIN.

Lanolin ..... 1 ounce  
Almond oil ..... 1 ounce  
Simple tincture of benzoin ..... ½ ounce

Mix the three ingredients thoroughly together and rub into the skin, massaging with rotary motions all over the surface of the face before going to bed.

#### A Multitude of Queries.

When using the ether and soap liniment for obstinate blackheads do you then squeeze them out or does this lotion dissolve them? Do you use the brush at any time during the treatment or plain water bath?

Do you advise milk as a good face wash? It draws my face just like any strong astringent.

Is the liquid whitener safe to use constantly, and could it be tinged a bit flesh color?

How long does the milk and sulphur keep good enough for use?

I am trying to get rid of little blackheads and freckles. Then I should like to know the best daily care for blackheads. My face is fat, so I do not need a flesh food, but would like to know a good cold cream to keep pores cleaned out and wrinkles away.

BESSIE.

After using the lotion, try to remove the blackheads by gentle pressure between the thumbs. A daily scrubbing with soap and moderately hot water, in which a pinch of borax has been dissolved, using a good complexion brush, should aid the treatment of blackheads.

If milk affects the face as you say, do not use, unless you need an astringent for a good complexion brush.

I have had no complaints of the liquid whitener being injurious from correspondence, even when constantly used, and see no reason why a pinch of borax should not be added if desired.

The length of time the milk and sulphur will keep depends on the temperature in which it is kept. You can surely tell, when the can is opened, whether it is sweet.

I append herewith a formula said to remove freckles and a good cold cream recipe for general massage purposes.

FRECKLE CREAM.

Petrolatum ..... 1 ounce  
Lanolin (anhydrous) ..... 1 ounce  
Hydrogen dioxide ..... 1 fluid ounce  
Acetic acid ..... 1 fluid dram

WITCH HAZEL COLD CREAM.

One ounce each of white wax and spermaceti, one-quarter pint of oil of almonds. Melt, pour into a mortar which has been heated by being immersed some time in boiling water. Very gradually add three ounces of rosewater and one ounce of witch hazel, and, as the mixture thickens, add a small quantity of oil of almonds until the mixture is nearly cold.

For a Rough Skin.

I would like to have a good cold cream for my face.

How would you advise me to treat my face? It is so rough, and the pores are large, giving my face a coarse, gummy look, and my face seems yellow. I would like a cold cream that will whiten and make my skin fine and smooth. Also something to take the gummy look away. I want a cream that I can use as a cleansing cream, as my face is dry, stretched and shiny looking, and I think washing it so often does it. Do you advise the face brush and soap? Some people say it makes large pores. My skin is very thin and sensitive, and I am so afraid of hair on the face that I am afraid to use any creams, but have heard yours are so good. Please give me a cream I can use that will help my face, and also a pink powder. Is there anything that will make the natural red cheeks?

BERTIE.

The cream of sweet oranges, so often given in this page, is as whitening a skin food as you could find, and if it is used faithfully should greatly improve your skin.

Then you might try the following cleansing cream, if you think washing your face during the day hurts you. By all means use a face brush, but be careful not to be too vigorous at first, as you say your face is so sensitive.

Follow these directions carefully, and you need not fear superfluous hairs from the creams:

HOW TO USE THE CAMEL-HAIR FACE SCRUBBING BRUSH.

Immerse the brush in water as hot as can be pleasantly borne. Soap it well, just as you would if you were about to use it for your hands. Scrub the face thoroughly, taking especial care of the places that most require cleansing. Rinse the face with cool clean water, so as to get all the soap out of the pores.

Face carefully and apply a cream or toilet balsam; any good emollient will answer.

Here is the recipe for the cleansing cream:

CLEANSING CREAM.

White wax ..... 2 ounces  
Spermaceti ..... 2 ounces  
Sweet almond oil ..... 12 ounces  
Distilled water ..... 2 ounces  
Glycerine ..... 2 ounces

Salicylic acid ..... 50 grains

The best and only way to get oily cheeks naturally is to live a hygienic life, and to exercise as much as possible in the open air. Eat plenty of fruit and nourishing food, and drink as much water as you can each day. Several quarts are not too much.

I should not advise the constant use of any powder, as it clogs the pores.

#### "Sugary" Appearance.

I would be pleased to have you tell me what is good for the face. My face has